

100% Whole Wheat Pan Loaf

Teresa L Greenway
(Makes one loaf)

- **30 grams sourdough starter**
- **500 grams water**
- **500 grams whole wheat flour freshly ground**
- **10 grams salt**

In the evening around 8-9pm mix together the starter, water, whole wheat flour and salt by hand in a large mixing bowl. Cover the dough and leave it alone without mixing or folding until about 10:00 pm.

Fold once and then cover the dough for the night.

Keep at room temperature (68F-72F) overnight until the next morning 6-8 am. 10-11 hours bulk ferment (or experiment for what works best for you). If you get up in the morning and the dough smells sour, the bulk ferment was too long, shorten it next time. Shape the dough for a 9x5x3" greased loaf pan.

Proof for 1.5 – 2 hours or until the dough reaches the top of the pan (it may take longer if the dough is cooler or faster if it's warmer). Preheat your oven to 450F/232C at least one hour before loaf is finished proofing. Bake in preheated oven for 15 minutes with the loaf covered or oil the top if you don't have a cover. After 15 minutes take off the lid (if you used one) and let the dough finish baking and browning.

Bake until the internal temperature is 203F/95C+ . Or until the loaf is brown and hollow sounding when you knock on the bottom of it. Remove from oven and turn out the baked loaf from the pan and place on a cooling rack Cool completely before slicing.

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